

Tupperware®

*Recipes and Grocery List
Beef Mix*



*Courtesy of your Tupperware Consultant
Joyce Schultz
2107 Court Street
Saginaw, MI 48602
989-233-5969
payce2tw@chartermi.net*





Beef Stroganoff

1/6 Beef Mix recipe
 1 Garlic Clove, minced
 1 (4 oz.) can slice Mushrooms, drained
 1 cup fat-free Sour Cream
 1 (10 ¾ oz.) cans low sodium,
 low fat Cream of Celery Soup
 1 tsp. Parsley flakes or 2 tbsp.
 fresh minced Parsley
 2 tbsp. catsup
 Buttered Broad Noodles

Conventional Directions: Place beef mix, mushrooms, soup, catsup and garlic into large skillet. Mix well. Heat on stove top at medium heat, stirring occasionally for 10-15 minutes or until very hot, but do not boil. Stir in sour cream and parsley and heat additional 5 minutes but do not boil. Serve over cooked buttered broad noodles.

Microwave Directions: Place beef mix, mushrooms, soup, catsup and garlic into 3 Qt. TupperWave Casserole. Place into microwave and cook for 10-15 minutes at 100% power, stirring once or twice, until very hot, but not boiling. Stir in sour cream and parsley and heat additional 2-5 minutes but do not boil. Serve over cooked buttered broad noodles.

Amount Per Serving: 228 Calories 86 Calories from Fat
Percent Total Calories From: 38% Fat 45% Protein 17% Carb.
 Makes 4 servings



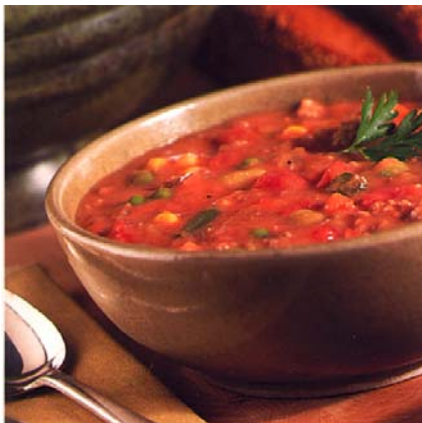
Beef Oriental

1/6 Beef Mix recipe
 2 tbsp. low sodium Soy Sauce
 1 (16 oz.) pkg. frozen Oriental Vegetables, defrosted
 ¼ tsp. Ginger
 1 (16 oz.) can Tomatoes, drained
 Rice

Conventional Directions: Place all ingredients, except for rice into pan. Heat on stove top at medium-high for 15-20 minutes, stirring occasionally, until mixture is hot. Serve over cooked rice.

Microwave Directions: Place all ingredients, except for rice into 3 Qt. TupperWave casserole. Microwave at 100% power for 10-15 minutes, stirring once, or until hot throughout. Serve over cooked rice.

Amount Per Serving: 279 Calories 84 Calories from Fat
Percent Total Calories From: 30% Fat 41% Protein 29% Carb.
 Makes 4 servings



Steak Soup

1/6 Beef Mix recipe
 1 (16 oz.) package frozen Mixed
 Vegetables, defrosted
 1 (10 ¾ oz.) cans low sodium,
 low fat Cream of Celery Soup
 2 soup cans of Water
 1 tsp. Black Pepper
 ½ tsp. Chili Powder
 ¼ tsp. Celery Salt (optional)
 dash Hot Pepper Sauce

Conventional Directions: Place beef mix, soup and water into pan and blend thoroughly. Stir in vegetables, tomatoes and seasoning. Cook on stove top at medium-high heat for 15-20 minutes, stirring occasionally, or until hot.

Microwave Directions: Place beef mix, soup and water into 3 Qt. TupperWave Casserole and blend thoroughly. Stir in vegetables, tomatoes and seasoning. Microwave at 100% power for 15-20 minutes until hot, stirring once.

Amount Per Serving: 366 Calories 104 Calories from Fat
Percent Total Calories From: 28% Fat 32% Protein 40% Carb.
 Makes 4 servings



Chili

1/6 Beef Mix recipe
 2 tbsp. Chili Powder
 2 Garlic Cloves, minced
 1 cup Water (optional)
 1 (16 oz.) can diced Tomatoes
 1 (16 oz.) can Chili Beans
 1½ tsp. Sugar

Conventional Directions: Place all ingredients into pan. Heat on stove top at medium-high for 15-20 minutes until mixture is hot. Cook longer if time allows to let flavors blend.

Microwave Directions: Place all ingredients into 3 Qt. TupperWave Casserole. Microwave at 100% power for 10-15 minutes or until hot., stirring once.

For a change try serving this over pasta and sprinkle with chopped onion and grated cheese.

Amount Per Serving: 447 Calories 84 Calories from Fat
Percent Total Calories From: 19% Fat 35% Protein 46% Carb.
 Makes 4 servings



Spaghetti Sauce

1/6 Beef Mix recipe
 1½ tsp. Italian Spice
 1 (16 oz.) can Tomato Puree
 ¼ cup Red Wine (optional)
 1 (4 oz.) can slice Mushrooms, drained
 1 Garlic Clove, minced
 1 (8 oz.) can Tomato Sauce
 Spaghetti

Conventional Directions: Place all ingredients into pan. Heat on stove top at medium-high stirring occasionally for 15-20 minutes until very hot. Serve over cooked spaghetti.

Microwave Directions: Place all ingredients into 3 Qt. TupperWave casserole and microwave at 100% power for 10-15 minutes until very hot, stirring once. Serve over cooked spaghetti.

Amount Per Serving: 252 Calories 73 Calories from Fat
Percent Total Calories From: 29% Fat 43% Protein 28% Carb.
 Makes 4 servings



Beef Tetrazzini

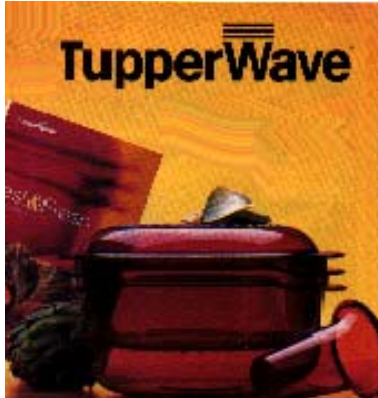
1/6 Beef Mix recipe
 ¼ cup Skim Milk
 1 (10 ¾ oz.) cans low sodium,
 low fat Cream of Mushroom Soup
 1 (10 oz.) pkg. frozen Broccoli, defrosted
 1 cup grated Swiss of Cheddar Lite Cheese
 1 tsp. Italian Seasoning
 Spaghetti

Conventional Directions: Place all ingredients, except for spaghetti into pan. Heat on stove top at medium-high for 15-20 minutes, stirring occasionally, until mixture is hot. Serve over cooked spaghetti.

Microwave Directions: Place all ingredients, except for spaghetti into 3 Qt. TupperWave Casserole. Microwave at 100% power for 8-15 minutes or until hot throughout, stirring once. Serve over cooked spaghetti.

Amount Per Serving: 359 Calories 131 Calories from Fat
Percent Total Calories From: 37% Fat 414% Protein 23% Carb.
 Makes 4 servings

Recipe Mix



Beef Mix

- 6 lbs. Ground Beef Sirloin Steak
- 1 lb. Celery (about 3 cups chopped)
- 1 lb. Onions (about 3 cups chopped)
- 1 lb. Carrots (about 3 cups chopped)
- 1 lb. Green Bell Peppers (about 3 cups chopped)
- 1 tsp. Salt (optional)
- 1½ tsp. Black Pepper

Place about ½ of beef and vegetable mixture into 3 Qt. Tupperwave Colander in a circle arrangement, leaving a hole in the center. Place on top of 3 Qt. Casserole and microwave, covered, at 100% power for 5-6 minutes. Stir to break apart an microwave an additional 3-6 minutes or until meat is no longer pink. Drain and place into a container. Repeat procedure for remaining mixture. This basic mixture makes 6 main dish recipes which will serve 4 people.

Amount Per Serving: 196 Calories 73 Calories from Fat
Percent Total calories From: 37% Fat 51% Protein 11% Carb.
Makes 24 servings

Grocery List

- 6 lbs. Ground Beef Sirloin Steak
- 2 (4 oz.) cans slice Mushrooms
- 1 (10 ¾ oz.) can low sodium, low fat Cream of Chicken Soup
- 1 (10 ¾ oz.) can low sodium, low fat Cream of Mushroom Soup
- 2 (10 ¾ oz.) cans low sodium, low fat Cream of Celery Soup
- 2 (16 oz.) cans diced Tomatoes
- 1 (16 oz.) can Tomatoes
- 1 (16 oz.) can Tomato Puree
- 1 (16 oz.) can Chili Beans
- 1 (8 oz.) can Tomato Sauce
- ¼ cup Red Wine (optional)

- 1 cup fat-free Sour Cream
- 1 (16 oz.) pkg. frozen Oriental Vegetables
- 1 (10 oz.) pkg. frozen Broccoli
- 1 (16 oz.) pkg. frozen Mixed Vegetables
- ¼ cup Skim Milk
- 1 cup grated Swiss or Cheddar Lite Cheese
- 1 lb. Onions (about 3 cups chopped)
- 1 lb. Carrots (about 3 cups chopped)
- 1 lb. Celery (about 3 cups chopped)
- 1 lb. Green Bell Pepper (about 3 cups chopped)
- 4 Garlic Cloves
- Soy Sauce

- Catsup
- Parsley
- Ginger
- Salt
- Pepper
- Chili Powder
- Rice (for 1 recipe—4 servings)
- Buttered Broad Noodles (for 1 recipe—4 servings)
- Spaghetti (for 2 recipes—8 servings)
- Italian Spice
- Celery Salt
- Hot Pepper Sauce

Helpful Tips

- Always check food at shortest time and add more if needed.
- Defrost meat portions if needed before assembling dishes.

- Salt and Pepper to taste.
- Increase or decrease seasonings according to taste.

- Reduce microwave power to 70% and cook a bit longer if time allows.